

April 11, 2020



Apache County Coronavirus Update

The Apache County Public Health Service District is announcing today the first positive case of COVID-19 in the southern portion of Apache County, in zip code 85925. The patient is quarantined and is recovering at home.

Apache County Public Health Director Preston Raban said, "We have seen an increase in confirmed cases throughout Arizona. For our communities in Apache County it is important to be mindful to continue to practice preventative strategies to protect other members of our community. Protective measures include washing your hands frequently, practicing physical distancing, and staying home when you are sick."

COVID-19 can spread from person to person through small droplets from the nose or mouth, particularly when someone coughs or sneezes. These droplets may land on objects and surfaces. Other people may contract COVID-19 by touching these objects or surface, and then touch their eyes, nose, or mouth, all of which are receptive portals for the virus.

The District recommends the following everyday preventive actions to help reduce the spread of COVID-19, including:

- Avoiding close contact with people who are sick.
- Staying home when you are sick and avoiding contact with persons in poor health.
- Avoiding touching your face (eyes, nose, and mouth) with unwashed hands.
- Covering you cough or sneeze with a tissue, then disposing of the tissue.
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Cleaning and disinfecting frequently touched items and surfaces using a regular household cleaning spray or wipe.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands when they are visibly dirty.

Symptoms of COVID-19 are fever, dry cough, and shortness of breath. Symptoms may appear as soon as a few days or as many as 14 days following exposure. Most people recover from the COVID-19 virus without needing special treatment. The elderly and those with underlying medical problems like high blood pressure, heart problems, and diabetes are more likely to develop serious illness. Individuals experiencing symptoms should call ahead to their health care provider and notify them of their condition.

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